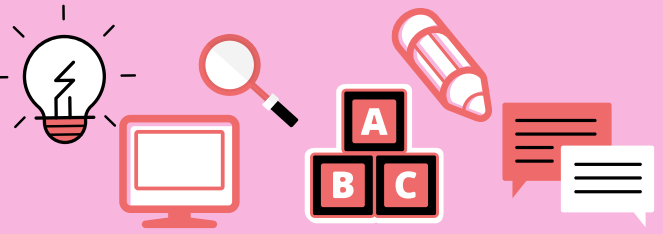


# SAMPLE CRISIS SAFETY PLAN



Please build on best safety practices from onsite clinics. Remind families of confidentiality and its limits. Remember to follow documentation best practices. Identify the family call-back telephone number and local emergency service contact ahead of time.

## 1 Behavior: ELOPING

- 1.Lock doors (out of reach) and secure exits before session
- 2.Calmly follow child to ensure safety
- 3.Block access to other doors and dangerous items
- 4.Calmly guide back to room
- 5.Call for additional family or neighbor support (refer to family safety plan)
- 6.Contact local emergency services (911) if necessary

## 2 Behavior: AGGRESSION

- 1.Attempt to calmly block aggression
- 2.Ensure safety of others, block access and check on them "are you okay?"
  - a.Note: if child is older (e.g., adolescent), avoid initiating physical contact
- 3.Block access to dangerous items that could be thrown etc
- 4.If possible, guide child to safe space
- 5.Give the child time to calm down (it may take a while!)
- 6.If the clinician and family do not feel like they can manage or de-escalate, contact emergency services (911)

## 3 Behavior: SELF-HARM

- 1.Assess the severity of self-harm
- 2.If not breaking skin or leaving bruises, then,ignore
- 3.If potentially harmful, calmly block without attention
- 4.Praise for non-aggressive behavior and safe hands/body
- 5.Allow time for child to calm down
- 6.Remove items that could be easily accessed to self-harm (e.g., scissors, knives, razors, etc.)
- 7.If verbal or physical threats continue, complete risk assessment
- 8.If child expresses intent and plan to continue to harm themselves, take them to emergency room
- 9.Share local crisis management resources

## 4 Behavior: UNSAFE BEHAVIOR TOWARD CHILD

- 1.Attempt to prompt a safer alternative
- 2.Suggest a break (e.g., have child and family get a drink of water)
- 3.Refer to family safety plan created before treatment and contact additional family support person
- 4.Stop session
- 5.If concerned about immediate safety, contact emergency services (911)
- 6.Make Child Protective Services report if necessary

\*If video stops and you are concerned about safety or overall health emergencies, call back-up phone number. If you cannot contact the family, call emergency services.

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